



Programme Curricula

Apple's Friends programme - ages 7-9



Module 1 – Feelings	
Session 1 - Introductions and Agreement	To introduce children to <i>Apple's Friends</i> and prepare to enthuse them.
Session 2 - Our feelings	To help children identify and talk about their own and others' feelings, and to identify the appropriate coping techniques for difficult feelings
Session 3 - How to feel better	To practice generating and choosing solutions which can help children to cope with difficult feelings and situations, for themselves and others.
Session 4 - Complete the story: 'Waking up'	To help children identify other people's feelings and to generate solutions to help them.

Module 2 – Communication	
Session 1 - Listening skills	To help children to practise how to be good listeners
Session 2 - Saying what you want to say	To strengthen children's abilities to say what they want to say, using five simple rules.
Session 3 - Speaking in difficult situations	To give children practice in saying what they want to say in difficult situations, using the five rules
Session 4 - Complete the story: 'Weekend plans'	To give children the opportunity to practise the skills of empathy, developing strategies for coping with difficulties, and good communication.

Module 3 – Friendship	
Session 1 - What makes a good friend?	For children to consider the qualities that are important in a friend, and understand what they want from a friendship.
Session 2 - Coping with loneliness and rejection	To improve children's skills for coping with loneliness and rejection.
Session 3 - Problems between friends	To help children cope with problems with their friends.
Session 4 - Complete the story: 'New neighbours'	To give children the opportunity to practise the skills of empathy and making friends.

Module 4 – Solving problems	
Session 1 - Who can help me?	To help children to think about who can help them in different situations.
Session 2 - Steps to a helpful solution	To help children practise how to calm down and find ways to a helpful solution.
Session 3 - Contract against bullying/Our wishes for our class	To agree rules about bullying, and to produce a class agreement or contract.
Session 4 - Complete the story: 'Big kids' football'	To practise the skills of empathy, developing coping strategies, and offering and seeking help in difficult situations.

Module 5 – Changes	
Session 1 - Change is part of life	To help children understand that changes are part of life and that we can adapt successfully to new circumstances.
Session 2 - Different types of change	To help children practise how to help themselves feel better in situations that cannot be changed.
Session 3 - Coping with loss	To help children cope with loss and to see that there are ways to make themselves – and others – feel better.
Session 4 - Complete the story: 'Tommy's holiday'	To help children generate coping strategies for difficult situations such as family break-up.

Module 6 – Moving forward	
Session 1 - Dealing with disappointment	To help children to learn to cope with disappointment.
Session 2 - Ways to cope with worries	To give children the opportunity to express their worries and practise helping themselves and others to cope with anxiety.
Session 3 - Complete the story: 'End of the holidays'	To give children the opportunity to practise the skills they have developed.
Session 4 - Celebrating together	To help the children reflect on what they have learned over the year and celebrate what they have learned.